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Jon Stewart's moment of Zen

Host retiring from The Daily Show after 16 years. Page 13

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DREAMING OF THE BIG SCREEN

The under-construction Telus Garden on West Georgia Street in downtown Vancouver on Tuesday. A public hearing will be held Wednesday as the building's developers seek bylaw amendments to allow for a three-storey-tall retractable screen, which would be suspended between the 16th and 18th floors to show images and video from dusk to 11 p.m. every night. Story, page 4.

MATT KIELTYKA/METRO

Man wanted death toll equal to 9-11

Trial. The accused in a B.C. bomb plot told an undercover agent that the Boston Marathon attack was 'small time,' court hears

A man accused of plotting to bomb the British Columbia legislature on Canada Day with his wife lamented that the death toll from the Boston Marathon bombings wasn't high enough and instead said he wanted a body count on par with 9-11, his trial heard Tuesday.

John Nuttall and his common-law spouse, Amanda Korody, were ensnared by a 2013 RCMP undercover sting, which saw an officer befriend the couple as the planned attack came together. They are charged with four terrorism-related offences.

Many of the couple's interactions with undercover officers and each other were caught on video, including a conversation between Nuttall and the officer that was recorded in June of that year.

In the video, the officer is seen driving around with Nuttall, who is wearing a leather jacket and sleeveless shirt with long hair and a beard.

Nuttall references the Boston Marathon attack, when two brothers used pressure-cooker bombs to kill and maim runners and spectators near the finish line. Nuttall shows the officer a schematic for the same type of bomb, which he found in the al-Qaida-affiliated online magazine Inspire.

"They made the same one and it only killed eight people," he says, though in reality three people died in Boston.

"That's not good enough. It's small time."

Nuttall then tells the officer he is dreaming of something much bigger.

"We could have the equivalent of 9-11," he said.

"It won't be as spectacular, but the effect and the body count will be the same. ... It would be pure terrorism and it would cause the people to rethink their position of sending troops overseas to kill Muslims when they find out it was a white guy that did it."

The trial has heard Nuttall and Korody were recent converts to Islam and the Crown alleges they espoused radical views.

The jury has yet to hear what brought Nuttall and Korody to the RCMP's attention.

They have both pleaded not guilty. THE CANADIAN PRESS

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fortwo pure coupe	2013	Z1300190	$17,400.00	$10,400.00	fortwo passion cabriolet	2013	N1300510	$25,150.00	$16,650.00
fortwo pure coupe	2013	B1300331	$17,460.00	SOLD	fortwo BRABUS coupe	2015	R1561994	$25,090.00	$21,160.00
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fortwo passion cabriolet	2013	Z1300316	$22,760.00	$14,760.00	fortwo electric drive coupe	2014	B1460625	$29,645.00	SOLD
fortwo passion cabriolet	2013	N1300319	$22,760.00	$15,760.00	fortwo electric drive coupe	2014	B1460466	$29,250.00	$20,250.00
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Abbottsford

Police target distracted driving on Valentine's Day

For the second year in a row, the Abbottsford Police Department (APD) is asking all British Columbians to send in an email pledge promising not to use an electronic device while behind the wheel. In return, APD staff will call your Valentine on Feb. 14.

"We do announce that it's the Abbotsford police but we say very quickly that it's for a positive message," Const. Ian MacDonald said.

"We let you know that someone cares about you very much and cares about life and road safety and that they wanted to wish you a Happy Valentine's Day."

The 2014 campaign, according to MacDonald, was dubbed a success, with 150 calls made. "There were some interesting requests, like, 'Do you have to be funny off the top or can you scare my brother-in-law?'" he joked, adding the group tries to accommodate when and where they can but warns lovebirds staff have a lot of numbers to dial.

According to ICBC, distracted driving is the second leading cause of road deaths in the province, with an average of 88 a year. Thirty-three of those occur in the Lower Mainland.

"Stats do change, but when we look at distracted driving, impaired driving and speed, they're essentially all tied at No. 1. That's why messaging in any of those areas is important," said MacDonald. "I hope everyone sees this (initiative) as an honest effort on our part to try to engage more people on the topic of road safety."

TEREZA VERENCA/FOR METRO

Ruling has no impact on Cambie condos, says city

Development.
Some argue city mis-represented information, violated Vancouver Charter by treating rezoning application like a done deal before hearing

EMILY JACKSON
emily.jackson@metronews.ca

A rendering of the proposed development at 445 Southwest Marine Dr. CONTRIBUTED

Opponents of a condo development at the south end of the Cambie corridor — who hope a B.C. Supreme Court ruling that quashed a Yaletown project could apply to them — are out of luck, according to the city's head planner.

Some residents of the Marine Gardens community, where 70 low-rise town homes might be destroyed to make way for two towers with more than 500 new units, believe the city must revisit its process in light of the court ruling over Vancouver's land-swap deal with Brenhill Developments.

They argue the city misrepresented information at open houses and violated the Vancouver Charter by treating the rezoning application like a done deal before the public hearing, according to an email from Jillian Skeet, spokeswoman of the Marine Gardens Residents Association.

But the judge's decision doesn't apply to this project, Vancouver's director of planning Brian Jackson said Tuesday.

"The judge was quite narrow in his recommendation and the rationale for why the bylaws were squashed," Jackson said.

One bylaw was squashed because the city didn't give adequate notice to enough people, and the second was killed because there wasn't enough information about the public-private land exchange, Jackson said.

"This certainly does not apply in this instance," he said.

The city gave proper notice to all residents in the legally required two-block radius surrounding the proposed development, notified neighbourhood community groups and sent an email blast to anyone who signed up online, Jackson said, and there was no land swapped as part of the proposal.

The public hearing for the project, which is right by the Marine Drive Canada Line station and fits with the city's plan to increase density near transit, is scheduled for Feb. 24.

If approved ...

- Legal issues aside, the development remains controversial because, if approved, it would relocate tenants from their affordable homes at a time when rental vacancies are at dangerous lows.
- Tenants have been offered relocation packages "beyond what we have ever done before," Jackson said, but Skeet calls this short-term relief that won't help families find decent places to rent.

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Telus Garden has its eyes on giant screen

Development. Changes to bylaw needed for plan to move forward; City schedules open house to answer questions

MATT KIELTYKA
matt.kieltyka@metronews.ca

An artists' rendering of the proposed media facade (in pink) as part of the Telus Garden development. CONTRIBUTED

The developers of the Telus Garden megaproject in downtown Vancouver are seeking bylaw amendments to allow for a three-storey-tall screen to project images from the building.

If approved, the development would be able to display static images or full-motion video on a retractable screen suspended between the 16th and 18th floors of the under-construction office tower every night.

Applicant Henriquez Partners Architects, on behalf of Westbank Corp. and Telus, said the media sign on West Georgia Street, facing Seymour Street, would be used to showcase video art, community programming and announcements and "limited" brand recognition for businesses at the development.

The screen, viewable only in low-light conditions, would project images daily from dusk to 11 p.m.

The proponents say the screen's orientation toward the city's business district "will ensure minimal impact on residential and hotel uses."

In order to move forward with the plan, it requires amendments to the city's existing sign bylaw.

The city has scheduled a community open house for Wednesday from 5 to 8 p.m. at the Westin Grand Hotel at 433 Robson St. for the public to view the plans and ask questions of city staff and the applicants.

"The sign can only operate in low light and is powered by back-lit projection technology. This means the sign is fairly dim and has a substantially lower light level output than something like an LED screen," wrote Westbank spokeswoman Jill Killeen in an email to Metro.

The $750-million development, slated to open in 2016, includes a 22-storey office tower and a 47-storey residential tower with 428 suites.

UBC. Faculty backs plea to divert from fossil fuel

Faculty members are calling on the University of British Columbia to fully divest the school's investments from the fossil fuel industry.

The university's professors, librarians and program directors have voted 62 per cent in favour of urging the school's board of governors to stop all new fossil fuel-related investments.

The motion follows a similar move last year by students in favour of divestment and also calls for the university to sell off its existing holdings related to fossil fuels within five years.

The results of the faculty referendum were announced Tuesday but are not binding on the university's governors.

Concordia University became the first in Canada to adopt a partial divestment policy in December.

Investments tied to oil, gas and coal companies make up about 10 per cent of the university's $1.3-billion endowment fund. THE CANADIAN PRESS

Politics. Liberals looking into signup irregularities in Vancouver East

The Liberal Party of Canada is tight-lipped after allegations surfaced that hundreds of people may have been signed up to the party without their knowledge or consent in Vancouver East.

According to allegations published in the Vancouver Sun, Chinese-speaking people on the Liberal membership list, when contacted by nominee Joanne Griffiths' team, expressed surprise when told they were party members.

The fallout has thrown a wrench in the nomination race between Canuck Place founder Griffiths and Vancouver lawyer Edward Wong.

Liberal communications manager Olivier Duchesneau confirmed in an email to Metro that a nomination meeting scheduled for Tuesday was cancelled and a new date has yet to be determined.

"The party is currently doing an internal investigation related to some alleged irregularities," Duchesneau wrote. "We will not make any further comment until we complete the investigation."

Neither Griffiths nor Wong responded to Metro's requests for interviews.

This year's Liberal nomination race for Vancouver East has been a high-profile and complicated one.

Marijuana activist Jodie Emery, wife of "Prince of Pot" Marc Emery, was seen as the frontrunner for months until the party's green light committee officially rejected her nomination bid in January. No reason was given, though Emery complained about the party contacting supporters with letters distancing itself from her.

The turmoil comes at a time when many see the riding as being there for the taking, following long-time incumbent NDP MP Libby Davies's decision to retire from politics.

That announcement has spawned a high-profile nomination battle within the NDP as well, between sitting provincial MLAs Kenny Kwan and Mable Elmore. MATT KIELTYKA/METRO

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RCMP. Dangerous nail trap discovered at high school

The discovery of a booby trap near a Richmond secondary school has set off an RCMP investigation.

Mounties announced Tuesday that a large plastic base with nails sticking out of it had been found set up in a field near Steveston London Secondary School and concealed by grass, appearing to "have been deliberately constructed to injure people or pets that would have come across it."

"It was purposely concealed with grass and placed in a busy foot traffic area," said Cpl. Dennis Hwang in a statement. "It's the safety of the people and pets that use this area that concern us."

The area was searched for more traps but none were found.

Richmond RCMP say they're co-ordinating their investigation with the Richmond School District.

The trap was initially discovered Sunday afternoon.

Anyone with information is asked to contact police.

MATT KIELTYKA/METRO

Roads

Police investigate pedestrian death

A 51-year-old woman is dead after being struck by a vehicle, according to Vancouver police.

The victim was crossing the street on foot at E. 6th Avenue and Keith Drive on Monday, around 11 p.m., when she was hit by a sport utility vehicle.

Police say the driver of the SUV remained at the scene and is co-operating with investigators.

The dark and wet conditions likely contributed to the collision, police said in a media statement.

Any witnesses are asked to contact Vancouver police.

The incident is Vancouver's third traffic-related fatality of the year.

MATT KIELTYKA/METRO

CP proceeds with Arbutus corridor, city mulls options

CP workers overturn gardens along the Arbutus corridor on Aug 14, 2014.

JENNIFER GAUTHIER/FOR METRO

Rails. City of Vancouver says it's preparing an application to the Canadian Transportation Agency about concerns over train reactivation

EMILY JACKSON
emily.jackson@metronews.ca

Bulldozers were back on the Arbutus corridor Tuesday as CP Rail made good on its promise to continue restoring the tracks to operational standards.

The City of Vancouver, which decried the destruction of the gardens along the corridor as a "bullying tactic" before taking CP to court in a failed attempt to stop it from reactivating the railway, didn't do anything to prevent CP from resuming work on the tracks.

Instead, it's reviewing its options on what to do after the B.C. Supreme Court ruled last month that CP has every right to use its land, an 11-kilometre stretch that residents have taken over as a greenway since CP stopped running trains along it 14 years ago.

"We are preparing an application to the Canadian Transportation Agency regarding our concerns about any reactivation of trains by CP along the Arbutus Corridor," according to a prepared statement emailed by the communications department.

The company resumed work at West 70th Avenue and plans to make its way north to pull out gardens and encroachments over the next four weeks.

CP started destroying the gardens this summer, but paused when the City of Vancouver took it to court.

B.C. throne speech trumpets economy but downplays LNG

Budget. Lt.-Gov. says province's economy is better protected than oil-dependent jurisdictions

The B.C. government's throne speech Tuesday trumpeted the economy as a buffer against oil-price declines hurting other economies but muted previous bold forecasts of a liquefied-natural-gas (LNG) bonanza for the province.

The speech did not include any estimates of future LNG plants after Premier Christy Clark said last month that B.C. remains on target for three LNG facilities by 2020.

Lt.-Gov. Judith Guichon said in the speech that LNG is still a generational opportunity with the potential to create 100,000 jobs.

In 2011, the government's jobs plan forecast "one LNG pipeline and terminal in operation in Kitimat by 2015 and three in operation by 2020."

Clark said in January that many energy companies interested in B.C. as a potential LNG investment are re-examining their bottom lines as energy prices drop but she remained confident about three B.C. export plants.

Guichon said the government has worked to ensure that B.C. is globally competitive and a secure place to do business.

"Global companies have already invested more than $7 billion to pursue their proposed projects and they continue to undertake the work necessary to bring these projects to life."

Guichon said B.C., with its growth in forestry, mining, tourism, agriculture, technology and natural-gas sectors, is better protected against economic declines currently being faced by oil-dependent jurisdictions.

Finance Minister Mike de Jong is set to deliver the budget next Tuesday.

THE CANADIAN PRESS

Exclusive club

- B.C. will join an exclusive club this month by delivering what will likely be the only balanced budget among Canada's provinces, Guichon said.
- But she did not mention possible changes to social-services payments suggested last week by de Jong, who said a larger-than-forecast budget surplus gives the government some room to move on targeted initiatives.

B.C. Premier Christy Clark waves to the crowd as she greets Lt.-Gov. Judith Guichon prior to the delivery of the speech from the throne inside the legislature in Victoria on Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Fahmy. Harper reached out to Egypt's president: PMO

Prime Minister Stephen Harper has personally reached out to Egypt's president to secure the release of a Canadian journalist imprisoned in Cairo.

Harper's office won't say exactly when the overture between the prime minister and Egyptian President Abdel-Fattah el-Sissi took place.

"The Prime Minister has communicated with the president on this case. I'm not going to get into the specifics of the communication between the PM and the president, including the timing or details of that communication," Harper's spokesman, Jason MacDonald, said in an email.

Opposition Leader Tom Mulcair has called on Harper to "personally" reach out to his Egyptian counterpart to secure the release.

Mohamed Fahmy was working for satellite news broadcaster Al Jazeera English when he was arrested in December 2013, along with two colleagues.

They were accused of supporting the banned Islamist Muslim Brotherhood group of ousted Egyptian president Mohammed Morsi and were charged with fabricating footage to undermine Egypt's national security.

After a trial that was internationally denounced as a sham, Fahmy was sentenced to seven years in prison.

Following an appeal in January, a retrial is set to begin on Thursday.

THE CANADIAN PRESS

One twin gets part of dad's liver as the other waits

Michael Wagner, the father of Binh, left, and Phuoc, underwent an operation Tuesday to give part of his liver to one of the ailing three-year-old twin girls. Phuoc and Binh both have Alagille syndrome, a genetic disorder that affects the liver, heart and other organs. A post on the family Facebook page says Phuoc's new liver "looks great," but notes the next few days will be "critical." Doctors decided which of the twins would receive the transplant after the family said it could not do so. The Wagners are still waiting for a liver donor for their other daughter, Binh.

PHOTO: HANDOUT/THE CANADIAN PRESS FILE

TEXT: THE CANADIAN PRESS

Health

Not vaccinating children is 'irresponsible,' Ambrose says

The federal health minister says she can't help but get emotional over some parents' decision not to get their children vaccinated against infectious diseases.

"I find it really irresponsible," Rona Ambrose said Tuesday, adding that anyone who still believes a debunked and fraudulent 1990s study linking vaccines to autism should speak to their doctor.

Ambrose said measles in particular is an incredibly infectious disease and parents who refuse to get their kids immunized are putting other children at risk. THE CANADIAN PRESS

London, Ont.

Officials probe two possible Ebola cases at Ontario hospital

Two people under investigation for the Ebola virus were in isolation at Victoria Hospital in London, Ont.

London Health Sciences Centre (LHSC) says in a statement that the pair were placed in a negative-pressure room at the hospital just before 10 p.m. Tuesday. The LHSC statement says the pair were not admitted through the emergency room and that "all safety precautions are fully in place to contain risk."

The hospital has not released the names of the two patients.

THE CANADIAN PRESS

Vatican may be asked to repeal old Papal edicts

Human rights. Many say Catholic decrees of 1455 and 1493 allowed for the ill treatment of aboriginal peoples

Canada's Truth and Reconciliation Commission is weighing whether to ask the Vatican to repeal the Papal Bulls of Discovery that granted 15th-century explorers the right to conquer the New World and the "heathen" aboriginals.

Chair Murray Sinclair says the commission examining the impact of Canada's Indian residential schools is looking carefully at the 1455 and 1493 Catholic edicts as part of its final report. Many argue the proclamations legitimized the treatment of aboriginal people as "less than human."

Crown sovereignty in Canada can be traced back to those papal bulls, and neither Canada nor the United States has repudiated them, Sinclair said.

A growing chorus in Canada is calling on the Vatican to help begin a new relationship with aboriginal people on equal footing. The discovery bulls, and others in the same vein that followed, gave Catholic explorers "full and free power, authority and jurisdiction of every kind" and outlined their "duty to lead the peoples dwelling in those islands and countries to embrace the Christian religion."

If aboriginal people refused, the Vatican granted its envoys the authority to enslave and kill.

If the commission recommends the bulls be rescinded, Sinclair said, it has to weigh the legal implications, which could strike at the core of Crown sovereignty over land.

Quoted

"I'm no animal. I'm a person, a human being."

Keith Matthew, former chief of Simpcw First nation in B.C., on why an official revocation is important.

The United Nations appointed a special rapporteur in 2009 who found the bulls lie "at the root of the violations of indigenous peoples' human rights." The edicts have resulted in the "mass appropriation of the lands, territories and resources of indigenous peoples," the UN found. They also form the legal basis of many modern-day land-claim disputes, it said.

For Keith Matthew, former chief of Simpcw First Nation in British Columbia, an official revocation matters.

"The papal bulls put us in a position no better than animals," he said. "I'm no animal. I'm a person, a human being," he said. THE CANADIAN PRESS

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Mandela freed 25 years ago

A statue of former South African president Nelson Mandela stands outside the former Victor Verster prison near Franschhoek, South Africa. On Feb. 11, 1990, Mandela walked free from prison with his fist raised in the air after being jailed for 27 years. Tomorrow marks the 25th anniversary of his release. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Ex-IMF boss thought women were 'friends'

Strauss-Kahn trial.
'DSK' maintains he didn't know women in his orgies were prostitutes; details were kept from him, say two co-defendants

Disgraced former International Monetary Fund (IMF) boss Dominique Strauss-Kahn told a French court Tuesday that he was unaware that women who participated in orgies at luxury hotels in Paris and Washington D.C. were prostitutes.

The 65-year-old and 13 co-defendants are on trial accused of aggravated pimping in connection with a sex ring centred on the Hotel Carlton in Lille, France.

In his first testimony since the trial began Feb. 2, Strauss-Kahn reaffirmed his long-standing defence that he did not know of the "prostitutional character" of the women who took part in his orgies, believing them to be "a group of friends."

The economist, known widely as DSK, faces up to 10 years in prison and a $1.7-million US fine if convicted.

Strauss-Kahn and 13 other defendants are accused of operating a prostitution ring out of hotels in Paris, Washington D.C., Lille and Brussels.

Two of Strauss-Kahn's co-defendants also testified Tuesday that they'd kept hidden from Strauss-Kahn the fact that they'd hired prostitutes for the orgies. THE ASSOCIATED PRESS

Clinic must pay girls switched at birth

A court on Tuesday ordered a private clinic in the Riviera city of Cannes to pay out 400,000 euros ($450,000 US) each to two 20-year-old girls accidentally switched at birth and given to the wrong parents — part of a 1.88-million euro payment to members of the two families.

The clinic's lawyer, Sophie Chas, said she wasn't immediately certain whether an appeal would be lodged against Tuesday's decision in Grasse.

Chas said the court ordered payments by the Clinica Jourdan and an insurance company of 300,000 euros for each of three parents involved in the case and 60,000 euros for three brothers and sisters.

"I am perfectly satisfied (with the ruling) because responsibility within the medical chain was acknowledged," the lawyer for the victims, Gilbert Collard, said in a telephone interview. The families had sought a total of 12 million euros but had little hope of obtaining that amount, he said.

A nurse's assistant accidentally gave baby Manon Serrano, who was in an incubator, to another mother after her birth in July 1994 and gave the infant next to her to Sophie Serrano.

Three years later, Manon's hair grew curly and her skin olive-toned — unlike either parent. Her father separated from Sophie Serrano after village rumours spread about the young girl being "the postman's daughter." In 2004, DNA tests showed that Manon was the daughter of neither of them.

The other family involved in the case has chosen to remain anonymous. The suit brought in 2010 by the two families also targeted two doctors and the nurse's assistant who made the mistaken switch, but the court did not convict them. THE ASSOCIATED PRESS

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HUDSON'S BAY

A pro-Russian rebel mans a weapon mounted on a pickup truck in the town of Vuhlehirsk, eastern Ukraine, on Tuesday. Fighting in eastern Ukraine intensified on Tuesday ahead of much-anticipated peace talks, with both sides claiming significant advances. VADIM BRAYDOV/THE ASSOCIATED PRESS

Hostilities escalate ahead of Ukrainian peace talks

Fighting. Latest round of violence leaves 12 dead and 64 wounded as European leaders prepare to meet with Russia today

Fighting intensified Tuesday in eastern Ukraine ahead of crucial peace talks set for Wednesday, with both sides claiming significant advances. The government accused the Russian-backed rebels of shelling a town far behind the front lines, killing 12 people and leaving scores wounded.

The fighting, which the UN says has killed more than 5,300 people since April, comes ahead of a summit planned for Wednesday in Minsk involving the leaders of France, Germany, Russia and Ukraine.

"Tomorrow's meeting in Minsk offers one of the last chances to declare an unconditional ceasefire and pull back heavy artillery," Ukrainian President Petro Poroshenko said Tuesday.

On Monday German Chancellor Angela Merkel met with U.S. President Barack Obama and Canadian Prime Minister Stephen Harper to secure support for a peaceful resolution.

THE ASSOCIATED PRESS

Diplomatic relations

Merkel has been vocal about reaching a peaceful solution between Russia and Ukraine.

- **Arming Ukraine.** Despite meeting with Merkel, President Barack Obama is unsure whether the U.S. will arm Ukraine with lethal defensive weapons if talks prove fruitless.
- **Russia.** The Kremlin has warned the West against sending weapons, which it says could destabilize the situation.

A new point of view.
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Robots will cut labour costs 24%, report says

Growth. Robot usage forecast to rise 10% a year in the world's 25 biggest exporting countries, up from current 2% to 3%

Cheaper, better robots are expected to cut labour costs at Canadian factories by 24 per cent over the next decade, as more companies replace human workers at a faster pace, according to a report issued Tuesday.

Globally, labour costs are expected to be reduced by some 16 per cent by 2025, the report by the Boston Consulting Group predicts.

In a separate report, RBC Global Asset Management notes that robots can be reprogrammed far faster and more efficiently than humans can be retrained when products are updated or replaced.

Robots won't be limited to developed countries with their aging, high-cost workforces. Even low-wage China will use robots to slash labour costs by 18 per cent, Boston Consulting predicts.

Increasing automation is likely to change the way companies evaluate where to open and expand factories. Boston Consulting expects manufacturers will "no longer simply chase cheap labour." Factories will employ fewer people, and that could lure more manufacturers back to Canada and the United States from lower-wage countries.

THE ASSOCIATED PRESS, WITH FILES FROM THE CANADIAN PRESS

Robots install rivets on a 2015 Ford F-150 truck at the Dearborn Truck Plant in Michigan. THE ASSOCIATED PRESS FILE

Bank of Canada

Experts predict another rate cut

The Bank of Canada says it's prepared to take action to help navigate the economic uncertainty tied to low oil prices, as experts predict it once again could cut its interest rate. Senior deputy governor Carolyn Wilkins made the remarks in a speech Tuesday — as many observers expect the central bank is preparing to drop its rate even further next month.

THE CANADIAN PRESS

Market Minute

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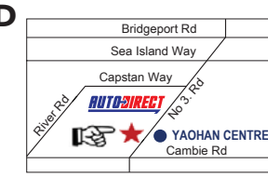

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VOICES

VACCINES FOR KIDS SHOULD BE MANDATORY

KRISTEN THOMPSON
readers@metronews.ca

Ready for your daily dose of controversy? I believe strongly in childhood vaccinations. Wait, I'm not done. I believe they should be mandatory.

I can feel thousands of readers bristling right now. This is a sensitive topic because most of us love our children, and most of us want what is best for them. But that doesn't mean we are always acting in their best interest. And that's when the government should step in.

Here's why: We need a 95 per cent vaccination rate for herd immunity to protect against contagious diseases, and according to UNICEF, Canada's rate hovers around 84 per cent. So until we raise the immunization rates, we are all at risk.

If you think the government has no right to meddle in how we care for our children, you're wrong. It meddles every day, and rightly so.

It intervenes when children are raised in filthy homes, allowed to ride in cars without seatbelts, left unattended at home, or refused life-saving medical treatment. Religion, culture and ideology do not trump these laws.

Why is it different when parents say "no" to childhood vaccines?

Maybe because it was less of an issue a decade ago. Vaccination rates are declining, according to the U.S. Center for Disease Control, due in part to a growing culture of distrust in big pharma and regulatory agencies. What this means is we need better education campaigns and more transparency into vaccine safety and oversight.

The reality is we've been inoculating against deadly diseases for more than 200 years, and the science is well-established: Vaccines are safe and a crucial component of childhood and community health. Ingredients undergo rigorous testing and serious reactions — which are incredibly rare — are highly monitored.

The diseases we vaccinate against can be fatal — they kill hundreds of thousands of children in developing countries every year. And they can return when vaccination rates decline. That means the benefits of vaccines by far outweigh the risks.

So why do we allow parents to gamble with kids' lives — their own kids, or the lives of newborns and other peoples' children who can't be immunized for health reasons — by refusing vaccinations? Especially when the science is so clear, and the dangers so terrible?

The diseases we vaccinate against kill hundreds of thousands of children in developing countries every year. GETTY IMAGES

This is not a debate about individual rights versus public health, because kids are not extensions of us — they are individuals with their own rights.

The debate is where to draw the line when it comes to parental freedom of choice.

Parenthood, in the wise words of my father, is not a right but a privilege, and that's an important distinction. It's not our "right" to make any choice we want for our kids, it's our duty to make wise ones, ones that set them on the best path.

That's why when a parent makes a choice on behalf of the child that puts that child or others at serious risk, regardless of their intentions, society should step in.

Is this dangerous government overreach? Slovenia and Croatia don't think so. Both countries have made vaccinations mandatory for nine specific diseases.

Croatia's Constitutional Court said it best when it ruled "the child's right to health is more than the rights of parents to the (wrong) choice."

That country's decision to overrule parental freedom for the sake of community well-being means that diphtheria, whooping cough and measles have been eradicated there.

In fact, 14 European countries have at least one mandatory vaccination included in their program.

So what would happen if Canada also imposed mandatory vaccinations? Many parents would be up in arms. But ... so what?

We live in a highly relativistic society and tend to wring our hands endlessly over respect for other people's points of view, even when those views are contrarian. But when people choose to reject clear scientific evidence in favour of their own misguided beliefs, the hand-wringing should stop.

Especially when the well-being of children is involved.

3-DNA-sourced babies

'There is a line and we're crossing it. I think we can cross it if we are extremely cautious': Bioethicist

With the three-parent IVF technique recently getting the green light in the U.K., debate is brewing in Canada about the controversial procedure.

While it is currently illegal in Canada under the Assisted Human Reproduction Act of 2004, proponents say it would allow couples to have healthy children in cases where the mother might otherwise pass on mitochondrial disease. Moreover, these children would be almost entirely genetically their own offspring.

Metro asked Kerry Bowman, a bioethicist with the University of Toronto, for his take. The following has been edited down from a longer interview:

You've said before that you give the technique cautious approval. Why?
Approval is a bit strong. I get it with three-person reproduction and why you would want to do this. By doing so you can hopefully prevent the suffering and early death of babies and young children. There's something called mitochondrial disease and if you do this technique, hopefully — if it goes well — you could avoid that. But we are crossing a line. Some people say what we are really doing is genetically altering an unborn child. We're actually changing what's called the human germ line. And some people say, 'Well, what does that matter?' But when people are looking at their identity, they're studying their ancestry and who we are as people, our geographical origins from an evolutionary point of view, migration point of view — that's all traced through mitochondrial DNA. Identity isn't necessarily about percentages; it's about what your story is.

Is three-parent IVF a fair term?

"Some people would say it is an overly dramatic term and it's inaccurate, because there's really two genetic parents. I don't really agree with that, because the child wouldn't be born if you didn't have the third input from the third parent, so I think it is actually an accurate use of language."
Kerry Bowman, bioethicist

So you're saying this is significantly different from other reproductive assistance technologies? Yes, this is the first time it would be inheritable, passed down from generation to generation. So there are a lot of things to consider. What are the risks? Unknown. There are no foreseeable risks but that doesn't mean no risks will occur.

What other applications could this type of technology have? We don't have the capacity yet, but this is the type of technique that could be used to genetically enhance unborn babies, so designer, babies, essentially. I don't think that would be the right thing to do. But I think with mitochondrial DNA, the biggest thing is that there is a line and we're crossing it. I think we can cross it if we are extremely cautious.

What specific policies would you suggest we adopt then? I fully acknowledge that right now it is illegal, but a lot has changed since 2004. A lot. So I think you would need to go case by case, and the only cases that would be allowed — if it were going to be allowed — would be for cases of mitochondrial disease. And I think it would be wise to wait to see what happens in Britain.

A simplified explanation:

The technique takes the nucleus of a mother's egg and places it in a donor's egg, from which the nucleus has been removed. This new egg contains the donor's mitochondria (but not the mother's). It is then fertilized with the father's sperm.

- **In this way, the child inherits the vast majority of its DNA from the mother and father, but inherits the mitochondrial DNA from the donor mother.**

INTERVIEWED BY EMINA GAMULIN/METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Jon Stewart GETTY IMAGES

Stewart writes his Dear Jon letter to Comedy Central

Jon Stewart will be leaving The Daily Show after nearly 17 years, he announced to the audience of Tuesday night's episode. The comedian, writer and director took over in 1999 from Craig Kilborn, slowly turning the fledgling newscast spoof into a cultural and political force, taking politicians on both sides of the aisle, the media and even himself to task for any misstep, while also launching the careers of Stephen Colbert, Steve Carell and John Oliver.

"For the better part of the last two decades, I have had the incredible honour and privilege of working with Jon Stewart. His comedic brilliance is second to none," Comedy Central president Michele Ganeless said in a statement. "Jon has been at the heart of Comedy Central, championing and nurturing the best talent in the industry, in front of and behind the camera.

Through his unique voice and vision, The Daily Show has become a cultural touchstone for millions of fans and an unparalleled platform for political comedy that will endure for years to come."

No set date for Stewart's departure was announced, though Ganeless did say the host would continue on the show "until later this year." Stewart first took a leave of absence from the show to direct his feature film, Rosewater, leaving Oliver to sit in for him.

Weird Al gets Whiplashed

Weird Al Yankovic is taking the prep for his upcoming world tour very seriously. Maybe a little too seriously, according to a new College Humor video that pits Yankovic against Oscar nominee J.K. Simmons' terrorizing Whiplash music teacher. If you've always loved tense Oscar movie standoffs and accordion-drenched polka, but never dreamed of the two flavours blended together, this is your moment.

Weird Al Yankovic

Double the Spider-Man, half the Garfield

Good news for comic book movie fans, but not so much good news for Amazing Spider-Man star Andrew Garfield. Marvel has hashed out a deal to regain creative control of one of its highest-profile characters without the beleaguered Sony having to lose one of its two remaining bankable franchises — the other being Bond.

According to a statement from Marvel, "the new Spider-Man will first appear in a Marvel film from Marvel's Cinematic Universe. Sony Pictures will thereafter release the next instalment of its $4-billion Spider-Man franchise, on July 28, 2017, in a film that will be co-produced by Kevin Feige and his expert team at Marvel, and Amy Pascal, who oversaw the franchise launch for the studio 13 years ago. Together, they will collaborate on a new creative direction for the web-slinger. Sony Pictures will continue to finance, distribute, own and have final creative control of the Spider-Man films."

Unfortunately, when they say "the new Spider-Man," they're not kidding. The Hollywood Reporter claims that current Spidey star Andrew Garfield will not be involved. Now, the real question is which Marvel film Spider-Man first pops up in. The smart money is on Captain America: Civil War, due out in May 2016, but wouldn't it be awesome if he snuck into this year's Avengers sequel?

Andrew Garfield

SCENE

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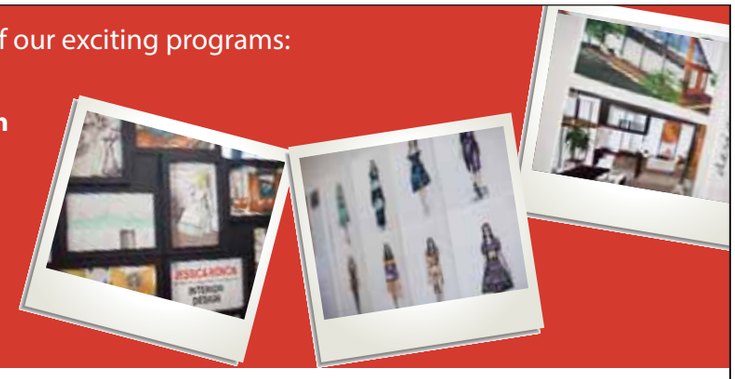

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What's New with the Girl?

TV. Jake Johnson chats about his character, his cast and the game that's caused a stir

LISA WEIDENFELD
Metro in New York City

Midway through its fourth season, New Girl is still finding new situations to throw its oddball loft residents into. This season has seen the characters exploring new careers, as Winston tries life as a cop, Jess takes on leadership responsibilities at her school and Nick and Schmidt decide to team up and sell sweatsuit suits. But that doesn't mean the show isn't going to give the people a little bit of what they love about the show. We talked to Jake Johnson (Nick) about what's ahead for the show, and a new confusing rule for their famous history-based drinking game, True American.

Will we see more True American this year?
Absolutely. I think we'll see True American for as long as the show goes.

Jake Johnson has made up a new rule for True American, the show's beloved drinking game. CONTRIBUTED

Are you an expert on the game at this point?
Here's the reality, and it's disappointing for fans who want it to be something it's not. I say this as an expert, because I've been in every True American scene, and I was there when it started: There are no rules.

You guys are just making it up?
The guy who wrote the first one, Luvh Rakhe, came to set and said, we haven't figured this one out. It's some sort of a drinking game. And then we all started saying things that we used to do in drinking games.

So you just throw in anything you can think of.
It's like the chop suey of drinking games. Anything you got, throw it in. If you're playing quarters and want to turn it into True American, you can. Just add it, and it's True American.

Well, there's a president on the coin.
That's right. That's what it is. You have to say a president if you hit it, then you point to who drinks and that's your vice-president. If they don't know the vice-president of the president you named, they have to take two drinks.

We just saw Nick get dumped. What's coming up for him?
Nick's going to be single a bit. I'd like to see Nick date a little bit. I'd like to see him find somebody. I just texted Liz Meriwether, maybe it's time Nick gets in a relationship. Hopefully she'll listen. I'd like to date someone who's a really good actor and do a bunch of stories with them.

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Cali's sand and surf combo

Adventure. Just a quick flight separates ski and surf in the Golden State's south

MIKE DOJC
life@metronews.ca

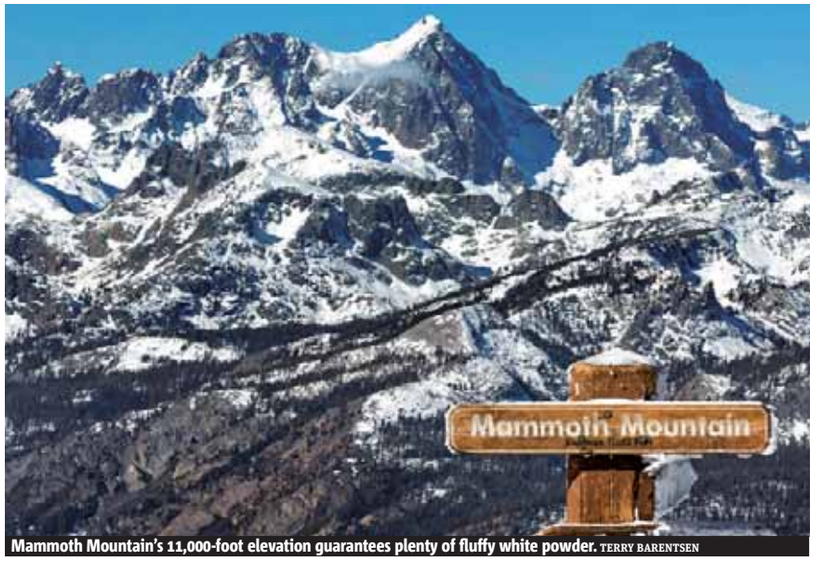
Shredding powder and riding frothy swells may be mutually exclusive pursuits but just as chefs routinely indulge palates by putting lobster and steak on the same plate, skiing and surfing don't have to be getaway strangers, even in the dead of winter. Indulge in the best of both worlds in Southern California by pairing a ski vacation at Mammoth Mountain with some surfing in San Diego.

Some like it cold

Mammoth Lakes, a quick flight from San Diego, L.A. or San Francisco, is a snowy town that sits atop a sleeping volcano in a valley on the eastern side of the Sierra Nevada Mountains. A West Coast winter wonderland, Mammoth is home to the third most popular ski mountain in the U.S. after Vail and Breckenridge. Forget about California concrete — that heavy, wet, gloppy snow associated with other parts of the Golden State.

Mammoth's pillowy white stuff is as fluffy and cuddly as the Ice Age flicks. The mountain tends to get covered in a lighter snow owing to its 11,000-foot elevation, and because it's predominantly north-facing, the snowpack stays fresher longer, allowing for an extended season. The mountain has stayed open as late as July 4.

Intermediate skiers keen to climb to the summit for a sick 360-degree view of alpine peaks and indelible white-capped minarets are in luck. Exit the mountain-topping Panorama Gondola and peel right toward the blue square-rated Upper Road Runner, a leisurely three-mile-long cat track that offers plenty of scenic vistas as it winds its way back down to Main Lodge.



Mammoth Mountain's 11,000-foot elevation guarantees plenty of fluffy white powder. TERRY BARENTSEN

Sky high

Keep the adrenalin pumping by jumping off a 300-foot cliff at Torrey Pines Gliderport. Tethered to a giant kite, you'll soar like an eagle over Black's Beach and one of Cali's most storied golf courses. Tandem paraglides with a USHPA-certified instructor are $175 and be sure to get there a little early to sign and initial a sheaf of paperwork about as thick as a small-town phone book.

If ski and surf aren't enough, try paragliding over Black's Beach. TERRY BARENTSEN

Stay: Steps from the village and a gondola to the slopes, the Westin Monache Resort puts you in the heart of Mammoth. Plus, the breathtaking Mountain view from the outdoor hot tubs doesn't hurt.

Après-ski

For a taste of Cali-style barbecue, line up for a table at The Smokeyard BBQ & Chop Shop in Mammoth village. The shop is ostensibly a purveyor of smoky, finger-licking carnivorous delights; their brontosaurus-sized beef ribs will lull you into a Flinstonian meat coma. But outside an array of slow-cooked animal-flesh options are a couple unexpected menu items that shout out to the South African proprietors' culinary heritage. There's a mildly spiced durban curry as well as potjiekos (a popular Rainbow Nation stew) on offer. Next, toast to the high altitude lifestyle with a brew or two from Mammoth Brewing Company. Sip on a Fire & Eisbock, practically Mammoth in a bottle. Lava rocks heated up under an open fire dropped into the boil lend it a caramelized flavour and post-fermentation freeze distillation amps up the alcohol content.

Some like it hot

San Diego's 90 kilometres of sun-kissed playa has something for both beach bums and adventurers. For communing with bohemians and the dazed and confused set, head to Ocean Beach. For a wave-riding initiation, La Jolla Shores is the place. The scenic cliffs and caves block south swells, creating a protected bay for most of the year. Even if your idea of hanging 10 is holding onto the rim of a basketball hoop, the vivacious and confidence-instilling instructors at Surf Diva (2160 Avenida de la Playa) will have you up and riding in no time. Private one-hour surf lessons can be had for $93.50 or $99 for Stand Up Paddleboarding, with lower per-person rates for small groups.

Après-surf

Recap the day's exploits while sipping on something at Hard Rock Hotel San Diego's rooftop bar FLOAT, a posh lounge with firepits and cocktail waitresses in outfits snatched from Jessie J's closet.

Valentine's Day getaways

Victoria, B.C. was voted the most romantic city in Canada in 2013 by Amazon.ca users. ISTOCK

Love is in the air at these destinations

ON THE MOVE
Loren Christie
life@metronews.ca

Looking to do more than give your sweetheart a dozen roses this Valentine's Day? There are plenty of options across the country for a last-minute romantic getaway.

Victoria, B.C., was voted the Most Romantic City in Canada in 2013 by Amazon.ca and third in the Top Ten Most Romantic North America Getaways in 2014. Stroll along Government Street, where the trees are wrapped in pink and red fairy lights, enjoy a candle-lit dinner overlooking the inner harbour or hide away for a night at the Inn at Laurel Point. In addition to a number of romance themed hotel packages for guests, the entire staff have undergone Month of Love training sessions, ensuring they are immersed in the Valentine's Day spirit and ready to share their favourite romantic moments, movies and quotes.

Skating hand-in-hand along Ottawa's Rideau Canal skate way is the perfect outdoor romantic activity. Follow that with a soak in the hot pools and a visit to the steam rooms and saunas of the Nordik Nature Spa in nearby Chelsea, Québec. Ottawa Tourism's Winterlude Amour package includes two nights' accommodation at a variety of hotels, shopping discounts at the downtown Rideau Centre and optional passes to a variety of museums, spa treatments or a chocolate lover's tour of the ByWard Market neighbourhood with C'est Bon Epicurean Adventures.

If you find yourself in Banff, Alta. on Feb. 14, take your special someone to the Cave and Basin National Historic Site. A brand new outdoor skating rink is opening on the grounds just in time for the big day. Sweep your sweetie off his or her feet with an evening of skating under the moonlight accompanied by music and old-time movies and surrounded by the splendour of the Rocky Mountains.

Where to warm yourself after a walk through Quebec's winter wonderland

Stay in. Ward off the chill by trying out some of these indoor activities in the Carnaval community

ANDREW JOHN VIRTUE DOBSON
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The Fairmont Le Château Frontenac has a wine and cheese bar featuring one of the largest varieties of Quebec cheese in Canada. ANDREW DOBSON/METRO

No other centre in Canada celebrates winter quite like Quebec City, with pristine snow coating the landscape, giving the appearance everything is all tucked away in a snow globe.

It's a city known for being downright frigid, but luckily there's ample opportunity to rest and relax in wondrous warmth.

Plant yourself in Old Quebec at the toasty warm boutique property Hotel 71, located in the building that was once the National Bank of Canada's first head office. The building's facade is a stunning example of 19th century neo-classic architecture while its interior features 60 contemporary rooms and suites. Peek outside for views of the mighty St. Lawrence River.

The Fairmont Le Château Frontenac is the city's iconic castle, which has recently undergone a $74-million renovation.

Your best bet for a sip and nibble is at 1608 Wine and Cheese Bar, featuring one of the largest varieties of top Quebec fromage in Canada, from their very own gilded Cheese Room.

The bar features a dazzling chandelier show, stuffed Canada geese which appear to fly out of the wall, and an eclectic selection of furniture which makes one want to cosy up to the fireplace, crack open a book and cuddle with a cocktail.

Located along the St. Lawrence River at Sainte-Anne-de-Beaupré, Spa des Neiges offers a relaxing and memorable stay for those who enjoy the great outdoors.

This Nordic-inspired spa offers three outdoor thermal baths, sauna, steam room, teepees and relaxation rooms with a view. I'll never forget moving off my massage table like a zombie, pulling on a white robe and flip-flops and marching into the winter's cold to bob up and down in a steaming al fresco bath!

You haven't been to Quebec unless you've taken a moment to pause over a steaming bowl of poutine.

Leave your calorie counter at the door and step into the Chic Shack. The trendy restaurant offers local craft beer and divine gelato mixed milkshakes which pair perfectly with poutine.

Enjoy a classic with gravy and curds or switch it up with Coq Au Vin and Mushroom Ragout inspired indulgences.

Come to Carnaval!

- Cheer for the chilly at Quebec's 61st annual Carnaval, North America's most popular winter festival, which runs till Feb. 15. Wave hello to the festival's iconic mascot Bonhomme and sip hot cocoa while touring his awe-inspiring ice castle. Game of Thrones fans will notice a special treat at the festival this year as HBO Canada commissioned local ice sculptor Marc Lepire to replicate the show's iconic Iron Throne out of ice. The Ice Throne was unveiled on the eve of the festival and marks the official launch of the show's fourth season on Blue-ray and DVD, available across Canada on Feb. 17.

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Whether 'tis better to grow as an intern or a volunteer

Career. Choosing which works best for great career experience

LAUREN MARINIGH
TalentEgg.ca

What's the difference between an internship and a volunteer role?

Both roles have similarities, but there are qualities in each role that may or may not suit your current lifestyle or position.

Here are some things to consider when selecting your next opportunity.

Commitment

An internship may not allow much flexibility in your schedule. Most internships run during regular business hours — five days a week. This means you will have limited time to earn an income outside of your role. Depending on the compensation for the internship you're considering, this may not be beneficial if you have bills and rent to keep up with.

Volunteering has more flexibility, since most gigs don't require an extensive time commitment.

It provides you with a chance to get involved and gain experience, but also earn income and go to work on the side. However, since you won't be putting in as many hours, or doing the work as regularly, it may take longer to adjust to the role and sharpen those skills.

Make sure to lay out your commitments: How big an impact will taking on your new role have on your current schedule? If this opportunity is worth taking time away from a steady income, how can you arrange your budget so you don't end up in the red?

Environment

Taking on an internship will give you great experience to add to your resumé, and allow you to network. This is especially valuable for students and new graduates who are looking for a great foot-in-the-door role.

There are many industries that present volunteer opportunities as well.

However, volunteering often takes place in a more laid-back setting.

Chances are you'll be working with other volunteers, and while there will likely be some people who can provide valuable career advice and mentorship, it probably will not give you the same workplace experience of deadlines and urgency.

Having said this, volunteer experience is still valuable on your resumé, even if not directly related to your industry.

There are often transferable skills that you can showcase to a potential employer. It all comes down to what you want to gain.

Is the workplace culture and environment very important to you when gaining experience?

Or are you comfortable working from home or your set volunteer location in a more relaxed setting? Either way, you'll get great rewards out of either role.

Responsibilities

Take a look at the responsibilities you want to gain as a volunteer or intern. What would a typical day look like? Is there opportunity for growth?

An internship may involve working on smaller tasks to support working professionals, but it will allow you to gain mentorship from someone in a position you aspire to hold someday.

And understanding how the small tasks you do help create the final product is incredibly useful when you step into a job with more responsibilities.

In a volunteer role, there is more flexibility for leadership opportunities. If you are the type of person that is great at calling shots and delegating, you should know that many organizations now hire volunteers to take on management roles.

Are you a recent marketing graduate? Perhaps you might consider applying for a Marketing Manager role. The requirements for experience are not as strict, but it will look great on a resumé for future employers.

Internships often take place in a professional environment, allowing you to experience working in an industry role with veterans in your field.

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Finding an inclusive work environment

Career. How to know if an employer is welcoming towards individuals with disabilities

CAROLINE RUDOLPH-ZBARSKY
TalentEgg.ca

Getting a job if you have a disability can be easier than you might think if you know where to look.

Today, companies want to be more inclusive of the Canadian workforce and more reflective of the customers that they serve.

My experience as an employment specialist has shown me that companies often don't know where to go to find diverse talent. Recent graduates with disabilities are often afraid to apply for their ideal positions for fear of discrimination through the recruitment process without realizing those employers may be seeking someone with precisely their profile. Below are a few tips for finding employers committed to recruiting and retaining diverse talent.

Diversity and Inclusion (D&I) partnerships

Identifying employers that sponsor, partner with and/or support organizations and associations committed to D&I is one way to know if an employer is inclusive. Such employers typically have a culture that is open, accommodating, and values diversity. Research which employers support these efforts.

There are numerous major Canadian D&I organizations worth checking out.

Here are some of my favourites:

• The Canadian Centre for Diversity and Inclusion (CCDI): This organization provides tools and support to employers looking to become more inclusive.

• The Job Opportunity Information Network (JOIN): With more than 60 employer partners, their Business Leadership Network consists of more than 30 employers who are committed to promoting the hiring of persons with disabilities.

• Canadian Business SenseAbility: A national organization run by private-sector business leaders aiming to accelerate business success through the talents of persons with disabilities.

The Google test

When evaluating a company's commitment to D&I, start with a simple online search, which can be surprisingly effective.

Companies aren't shy about communicating and promoting their values: They want clients, staff, prospective employees and stakeholders to know their organizational beliefs, goals and commitments.

When attracting the best talent, they want to demonstrate why they are an employer of choice. It's also good for business; people prefer to deal with companies with good cultures and core values. Searching for the employer 'name + diversity + Canada' gives a pretty good overview of their commitment level. Check their website to see if they have a diversity section, learn about their inclusive practices, what causes they support and their current initiatives.

Companies that support inclusive hiring will make an effort to highlight this on a diversity page.

Major conferences and job fairs

Participation and support of diversity and inclusion events are great indicators of the level of inclusiveness at a particular company. Companies attend these events because it is important to their values.

- At recruiting sessions, they are looking for diverse talent. Here you can meet and network with individuals responsible for recruitment initiatives to promote inclusion at their organizations. At conferences and seminars advocating for inclusive practices you can connect with employers, who support these initiatives.
- You can also follow organizations committed to D&I on Twitter and LinkedIn and join their mailing lists to ensure you don't miss out on any upcoming events.

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With the right employer, you can find a perfect fit, including accommodations in both the infrastructure and the workplace culture itself. ISTOCK

Are they award-winning?
To be recognized with an award, companies must be doing a few things right. Numerous organizations recognize the efforts of employers who are making an impact with their diversity and inclusion practices.

The two following awards are to me the more prestigious out there. Take a look at the lists and see which employers have won awards and why.

The Canada's Best Diversity Employers list recognizes Canadian employers with "exceptional workplace diversity and inclusiveness programs." The 100 winning employers (all in Canada) are a strong core of more than 3,500 companies that participated in the competition.

Both the DiversityInc Top 50 List and the DiversityInc Top 10 Companies For People With Disabilities are a rich database of inclusive global companies with operations in Canada.

Their ranking mechanism is quite detailed, including factors such as inclusiveness of their career application process, the level of on-the-job accommodations offered, their focus on working with vendors owned by persons with disabilities and the presence of certain benefits such as telecommuting and employee resource groups.

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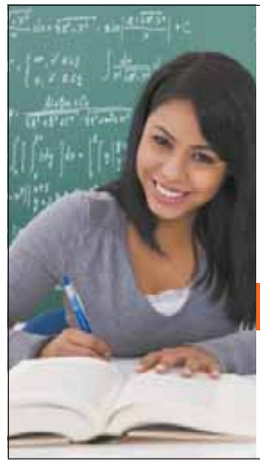
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Fit for life

Exercise. Seniors who choose to embrace physical fitness can experience many benefits

LIZ BRUCKNER
For Metro

If you're happy and you know it, chances are you are exercising.

That's what a study published in the Archives of Internal Medicine found after comparing 1,861 seniors who engaged in physical activity for four hours a week or more versus sedentary seniors who performed four hours or less of exercise a week.

According to Brent Bishop, a Toronto personal trainer and author of The Think Factor, seniors who choose to embrace fitness can experience these benefits and more long-term ones, including minimized injury risk and increased mobility. Often, it's the process of beginning a regimen that can be tricky.

"Typically, people between the ages of 55 to 70 find themselves intimidated, which can make going into a gym or fitness studio overwhelming," he said. "They may feel like they don't know what to do with the machines and weights and that people are staring at them."

Combine that with the fact that many seniors deal with existing injuries in their knees, wrists, lower back, and may mistakenly think leaving the injury alone is the best course of action. It's little wonder that starting a fitness routine after age 50 can be a hefty undertaking.

When in doubt, seek out a professional.

"It's really important to keep in mind that, if you're thinking of making a life change like this, you have to start the process properly," Bishop said. "This is when you're setting the foundation for future fitness habits, and having a professional to guide you can build your confidence and comfort, regardless of your goals or struggles."

That, and they can offer feedback on technique and correct form during cardiovascular and strength movements, as well as address how to work out existing injuries and prevent new ones.

"First and foremost, people should talk to a doctor or physiotherapist about whether they should be working out if an injury is present," Bishop said.

Should they receive the go-ahead, the best practice for preventing further problems is to establish proper techniques and then acknowledge the strength imbalances of your body.

"Finding movements that minimize pain is possible, as is slowly strengthening an existing injury," Bishop said. "What's most important is to listen to your body. If a specific movement is aggravating it, it's a good idea to slow down and focus on staying within a pain-free range of motion. As your strength and injury improve, this pain-free range of motion should also improve."

Personal fitness trainer Brent Bishop recommends that retirees who are thinking of starting an exercise routine should consult their physician first and then find a trainer to help carve out a regimen. SHUTTERSTOCK

Take it slow

You have decided to take the exercise plunge. Now what? Here are some tips from Toronto personal trainer Brent Bishop.

- Push yourself, but not too hard. You have to start somewhere, but try not to go all in too quickly. Twenty minutes of activity per day, three times per week is a great place to begin and is easy enough to incorporate that you won't feel overwhelmed.
- Focus on your interests. Base your fitness regime on activities that keep you inspired and excited to avoid derailing your fitness goals.
- Zero in on strength training. Boosting your cardiovascular endurance is important, but Bishop said strength training is crucial to every program because it develops muscle mass, speeds metabolism, strengthens joints, builds stronger muscles to support those joints, and increases bone mass.

Recent retiree Susan Antonacci shops in the Kowloon Marketplace in Hong Kong. KAREN KIRK PHOTO

Globe-trotting. Take off any time you desire

DONNA PARIS
For Metro

One day last summer, Pauline de Jeu loaded up the car, packed some snacks and beverages, picked up her sister and they headed out on a road trip — driving through Ontario, Quebec and finally ending up in New Brunswick to visit their brother. The best part? "I love to travel," de Jeu said. "And now I'm retired, I can take my time and spend it wherever I want."

De Jeu, 71, from Strathroy, Ont., enjoys taking advantage of travelling in her retirement: From camping in national parks and driving a fully loaded trailer to riding out the winter in Arizona and California, or a European vacation.

"When you're working full time, you have an allocated number of vacation days," said 57-year-old Susan Antonacci, who lives in Charlottetown and retired last year. "You're limited — you have to schedule time off around other employees, and I also had to work around deadlines."

Others are forced to take trips at certain times of the year and pay top dollar.

"With a flexible schedule, seniors can take advantage of travelling in off-peak seasons," said Patricia Marques with CAA Travel. "For instance, travelling in the spring or fall means milder weather and beautiful scenery without all the crowds."

In fact, flexibility when you travel can lead to another bonus — the ability to save money.

Doug O'Neill, who oversees travel content for all platforms at Canadian Living magazine, and a member of the North American Travel Journalists Association, recently travelled to Krakow, Poland, before the December rush.

"I met plenty of seniors travelling," he said, adding hotel rates were 40 per cent cheaper and flights were half the cost than if he had travelled during the winter holiday.

Also, it's not just flights and hotels that cost less. Discounts abound. Take New York for example. At the Museum of Modern Art, a regular ticket costs $25, but seniors pay $18. Seniors can also get deals on rail tickets in many countries, such as Belgium, Great Britain and Spain.

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Lions extend star linebackers

CFL. Elimimian and Bighill staying in B.C. through 2017 season

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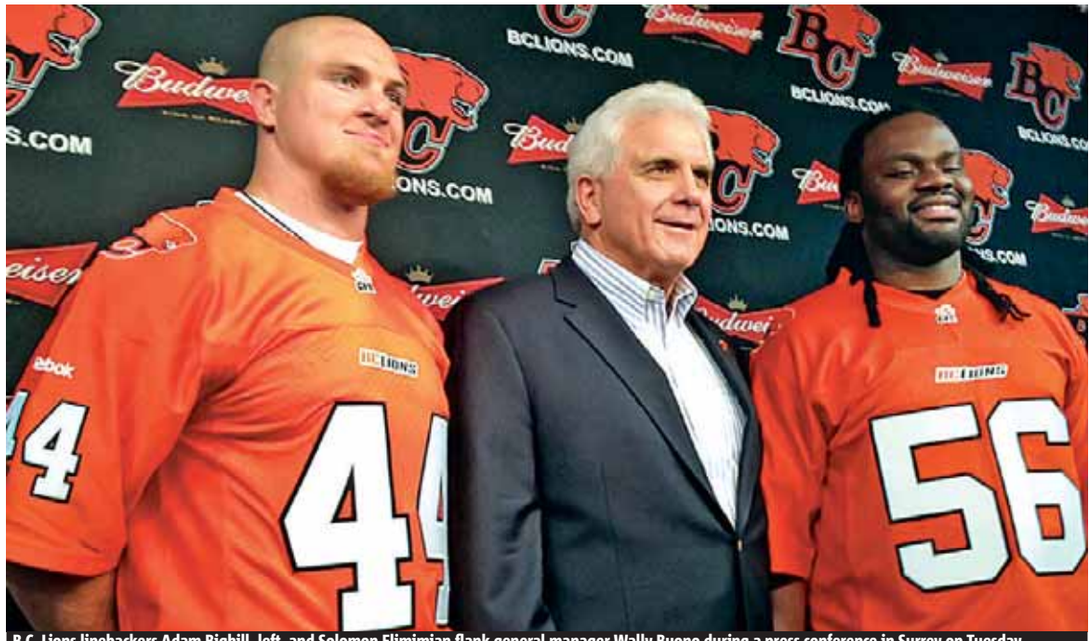

B.C. Lions linebackers Adam Bighill, left, and Solomon Elimimian flank general manager Wally Buono during a press conference in Surrey on Tuesday.
CAM TUCKER/METRO

In a season gone wrong for the B.C. Lions, one of the few reliable factors week to week was the play of its vicious, hard-hitting but talented linebacker duo of Adam Bighill and Solomon Elimimian.

The Lions are banking on at least three more years of that style, inking Bighill and Elimimian to contract extensions through the 2017 season. The deals were announced offcially on Tuesday, as the CFL's free agency period began.

It wasn't a big splash on the open market. But it's an important in-house move, especially on the defensive side of the ball, where those two have caused plenty of problems for opposing teams over the years.

Elimimian made history last November, when he was named the league's Most Outstanding Player.

Never before has a strictly defensive player received such recognition, but the international linebacker, with a reputation for being the hardest hitter in the league, earned it with a record-breaking 143 tackles.

Bighill might not receive nearly the same accolades as his teammate does, but he's gone from a free agent signing in 2011 to an integral part of the Leos' linebacking corps and defence, which was near the top of the league in many respects last year.

"These two are two outstanding football players that when you want to build a defence, when you want to build a team, these are the kind of players you want," said general manager Wally Buono.

So much of the Lions' success last season was based on the defence, and Bighill and Elimimian were typically front and centre.

Elimimian stressed the Lions have the core group of players to be successful, saying he expects big things from quarterback Travis Lulay, whose last three seasons have been derailed by shoulder injuries, and giving a shout-out to running back Andrew Harris.

"I feel like we have the right guys in the locker-room," said Elimimian.

Receiver Ernest Jackson, who spent the last three seasons in B.C., signed with the Ottawa RedBlacks.

Sergio Momesso GETTY IMAGES FILE

Former Canucks named in latest concussion lawsuit

Three prominent former Vancouver Canucks — Greg Adams, Richard Brodeur and Sergio Momesso — are named as plaintiffs in a new concussion lawsuit against the National Hockey League, according to a report in The Hockey News.

According to court documents provided in the online report, Adams suffered at least one known concussion and one that was unknown, and he now experiences post-concussion symptoms like headaches, memory loss and sleep problems.

The lawsuit, filed in U.S. District Court in Minnesota, also states Adams was involved in 70 fights during his NHL career, which saw him play for the Canucks from 1987 to the 1994-95 lockout-shortened season.

"Although the NHL knew or should have known about this scientific evidence concerning concussions, sub-concussive impacts and brain injuries, the NHL never told Plaintiffs about the dangers of repeated brain trauma," the lawsuit alleges.

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DRIVE

2015 GMC Yukon

- **Type.** Four-door, seven- or eight-passenger full-size SUV
- **Engines.** 5.3-litre V8 (355 hp), 6.2-litre V8 (420)
- **Transmissions.** 6- or 8-speed automatic
- **Price.** $51,850 base, $64,900 as-tested

Market position

GM says that one out of every three full-size, truck-based SUVs sold in Canada is a Yukon or Denali. In this limited segment, only the domestics offer two wheelbase lengths or a choice of engines.

Points

- The eight-speed transmission in the Denali is expected to make its way to other Yukon models eventually.
- The Denali includes an air-levelling suspension system and Magnetic Ride Control, which almost instantly tightens or softens the ride to match road conditions.
- Alert system warns about forward traffic or lane departure by vibrating the seat.

The first two rows are roomy, but the third row is very cramped.

Interesting features

Rear-view camera, oil and transmission cooler, front and rear park assist, rain-sensing wipers and remote starter are all standard; heated and cooled seats, power-folding third-row seat, adaptive cruise control, a rear-seat entertainment system, and power liftgate are all optional.

Do you want big, or bigger?

Review. GMC Yukon offers two wheelbase lengths and seating for eight, but is still light and nimble to drive

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

Although the full-size SUV segment is not as large as it once was, the remaining players are as big as ever.

The all-new 2015 GMC Yukon is available in two "big and bigger" wheelbase lengths, and with seating for up to eight people.

It's based on the GMC Sierra pickup that was completely overhauled for 2014, although it doesn't share any of that truck's exterior panels.

The base SLE trim line and my tester, the SLT, use the Sierra's 5.3-litre V8 engine and come in two-wheel drive, or, as in my vehicle, four-wheel drive.

Pricing ranges from $51,850 to $64,900. You can also get a luxurious top-line Denali trim, which uses a 6.2-litre V8 and comes only as a 4x4, for $74,600.

My tester was the regular-wheelbase model, but you can also get the extended-length Yukon XL in all trim lines, which adds $3,050 to the price of each.

All Yukon models have three rows of seats, but the XL gives you more legroom and extra cargo space behind the third row.

For all its size, the Yukon doesn't feel as big as it is when you're driving it, thanks to light steering and quick response.

When full power isn't needed, such as when you're cruising at a steady speed, the engine shuts off half its cylinders to save gas. It happens so seamlessly that you usually have to depend on the display in the instrument cluster to tell you when it's only feeding fuel to four cylinders.

The interior is as well-finished as you'd expect for the price, with simple controls that are easy to use.

The first and second rows are roomy, but the third row is perched over the rear axle and, as a result, there's very little room for your knees and the seating position isn't very comfortable.

For those who prefer the Chevrolet nameplate, the Tahoe and longer-wheelbase Suburban are mechanically identical to the Yukon, but have differences in their trim packages and lower starting prices.

Compare

1 Ford Expedition
Base price: $50,299
Two wheelbase lengths, but the sole engine choice is a 365-hp, 3.5-litre EcoBoost V6.

2 Toyota Sequoia
Base price: $53,885
Based on the Tundra pickup, Sequoia uses that model's 5.7-litre V8 and is 4WD only.

3 Nissan Armada
Base price: $59,828
Armada comes only in one fully loaded Platinum trim, with a 5.6-litre V8 engine.

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Marketing EVs in the face of cheap gas

Green. Despite lower prices at the pumps, automakers are banking on eco-friendly models

AUTO PILOT
Mike Goetz
drive@metronews.ca

"Show 'em what you got" is poor English.

But it's a decent way to describe the approach automakers must take during auto-show season, which we're in the thick of right at the moment.

The Detroit and Montreal shows kicked off the 2015 season in mid-January, and the doors are about to swing open for the vehicular spectacles in Chicago and Toronto, with the latter event beginning this coming weekend.

At Detroit, Chevrolet showed us it "got" electric car goodies.

It trotted out both the second-generation and all-new Chevrolet Volt, and the newly conceived Bolt.

Unlike Volt, Bolt doesn't have a gasoline engine to constantly recharge its electric motor. The Bolt is a pure EV (electric vehicle).

Both vehicles will be front and centre at GM's stand in Toronto, and their timing is as much a talking point as their respective technologies, arriving as they are in the midst of the lowest gas price stretch we've had since 2010-ish.

The new 2016 Volt officially goes on sale some time in the latter half of this year.

The Bolt hasn't even been given the green light for production — though everyone is expecting GM to do so at the Chicago show.

Big and nasty gas prices could have given both these nameplates a shot of marketing and awareness adrenalin.

But now they just wade into another swampish period where we wonder whether EVs are going to fly long-term or not.

Why pay extra for an EV and/or plug-in hybrid, when you might have even more trouble getting your investment back using electricity, the cheaper fuel?

And why should automakers keep plowing development money into EV programs when mainstream consumers are not ready to make the switch?

Well, according to Elon Musk of Tesla fame, we should be figuring out other ways to get consumers to switch over, because current oil prices are not, in his words, "an adequate forcing function."

We need to make the switch, he opines, because EVs are the better way, and the cleaner way, and the way that will inevitably be the winning way, so why not make it happen now?

He is certainly trying. Musk recently opened up his patents to other automakers, and offered to let non-Tesla EVs use his planned private network of charging stations.

For his part, Carlos Ghosn, the top executive at both Nissan and Renault, and the auto industry's other big EV advocate, feels that EVs are the only way to achieve strict and necessary emission mandates, and warns that gas prices have the propensity to rise and fluctuate over time.

It's interesting that both these competitors are calling on their industry counterparts to build more EVs, so both infrastructure developments and EV acceptance can happen faster.

While GM's pending introduction of the Bolt might be a direct competitor to Tesla's smaller and upcoming Model 3, Musk didn't see it all as a threat.

In fact, he called it "progress."

Quoted

According to Elon Musk of Tesla fame, we need make the switch to electric vehicles because they are the better way, the cleaner way, and the way that will inevitably be the winning way. So why not make it happen now?
Mike Goetz

For EV enthusiasts

- The latest electric cars will be on display at the Canadian International Auto Show runs from Feb. 13 to 22 in Toronto

The 2016 Volt is an EV. CONTRIBUTED

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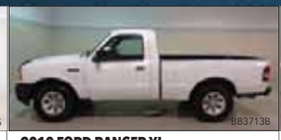
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BB3739A

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FWD, 1.3LL I-4 cyl. engine, 1-touch down, driver vanity mirror, tilt steering wheel, air conditioning, front beverage holders, telescoping steering wheel, AM/FM radio, MP3 decoder, CD, alloy wheels, rear window defroster, spoiler
$193 BIWEEKLY @ 24 MONTHS — SALE PRICE $9,988

BB3893A

2010 FORD RANGER XL
Truck Super Cab, 4x2, 4.0LL V-6 cyl. engine, red exterior, grey interior, front beverage holders, 4 speakers, CD, AM/FM radio, rear step bumper, trailer hitch receiver, skid plates, power steering, ABS brakes, 15" wheels and more!
$128 BIWEEKLY @ 60 MONTHS — SALE PRICE $13,998

S15361B

2011 SCION XD
Dark grey interior. Only 61,278 km's, FWD, power locks, power windows, tire pressure monitoring system, iPod/AM/FM/CD/MP3/AUX compatible. Steering wheel integrated with stereo controls.
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S15204B

2009 HONDA CR-V EX
4x4, 2.4LL I-4 cyl. engine, tilt steering wheel, air conditioning, overhead console, illuminated entry, power windows, power sunroof, power lock, steering wheel mounted audio controls, split folding rear seats, CD, AM/FM radio
$198 BIWEEKLY @ 60 MONTHS — SALE PRICE $20,988

S15271A

2009 TOYOTA YARIS LE
Hatchback, FWD, 1.5LL I-4 cyl. engine, grey interior and exterior, AM/FM radio, CD player, MP3 decoder, power and heated door mirrors, 106hp, power steering, rear window wiper, 4 speakers, front bucket seats, 4-speed automatic
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S15288B

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S15412A

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S15516A

2012 CHEVROLET VOLT
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S15350A

2009 HONDA CIVIC LX SR
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$153 BIWEEKLY @ 48 MONTHS — SALE PRICE $13,988

S15363A

2013 TOYOTA MATRIX
FWD, 1.8LL I-4 cyl. engine, hatchback, steering wheel mounted audio controls, split folding rear seats, power group, air conditioning, CD player, AM/FM radio, 4-speed automatic, power group, brake assist, ABS brakes, traction control, rear window wiper and defroster, power steering
$145 BIWEEKLY @ 72 MONTHS — SALE PRICE $17,988

S15032A

2008 MERCEDES-BENZ C-CLASS
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$208 BIWEEKLY @ 60 MONTHS — SALE PRICE $21,998

S15436A

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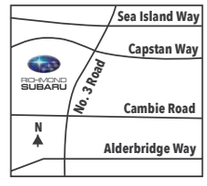

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Shift: Feats in engineering using bio-plastics and an electric sports car in works

Detroit electric sports car still at least a year away

Wannabe electric sports car manufacturer Detroit Electric has revealed its Lotus Evora-based SP:01 model in production trim, but says the vehicle won't be available until sometime in 2016, pending further testing. Production is set to take place in the United Kingdom, reports MotorAuthority, and the first models should roll off the production line later this year. Markets confirmed to date include the United States, Europe and Asia. Propulsion comes from a single electric motor rated at 285 horsepower with drive sent to the rear wheels only. Buyers can expect a zero-to-96 km/h time of 3.7 seconds, a top speed of 250 km/h and a driving range per charge of about 290 kilometres.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

This is the production version of the Detroit Electric SP:01, but it's more than a year away.

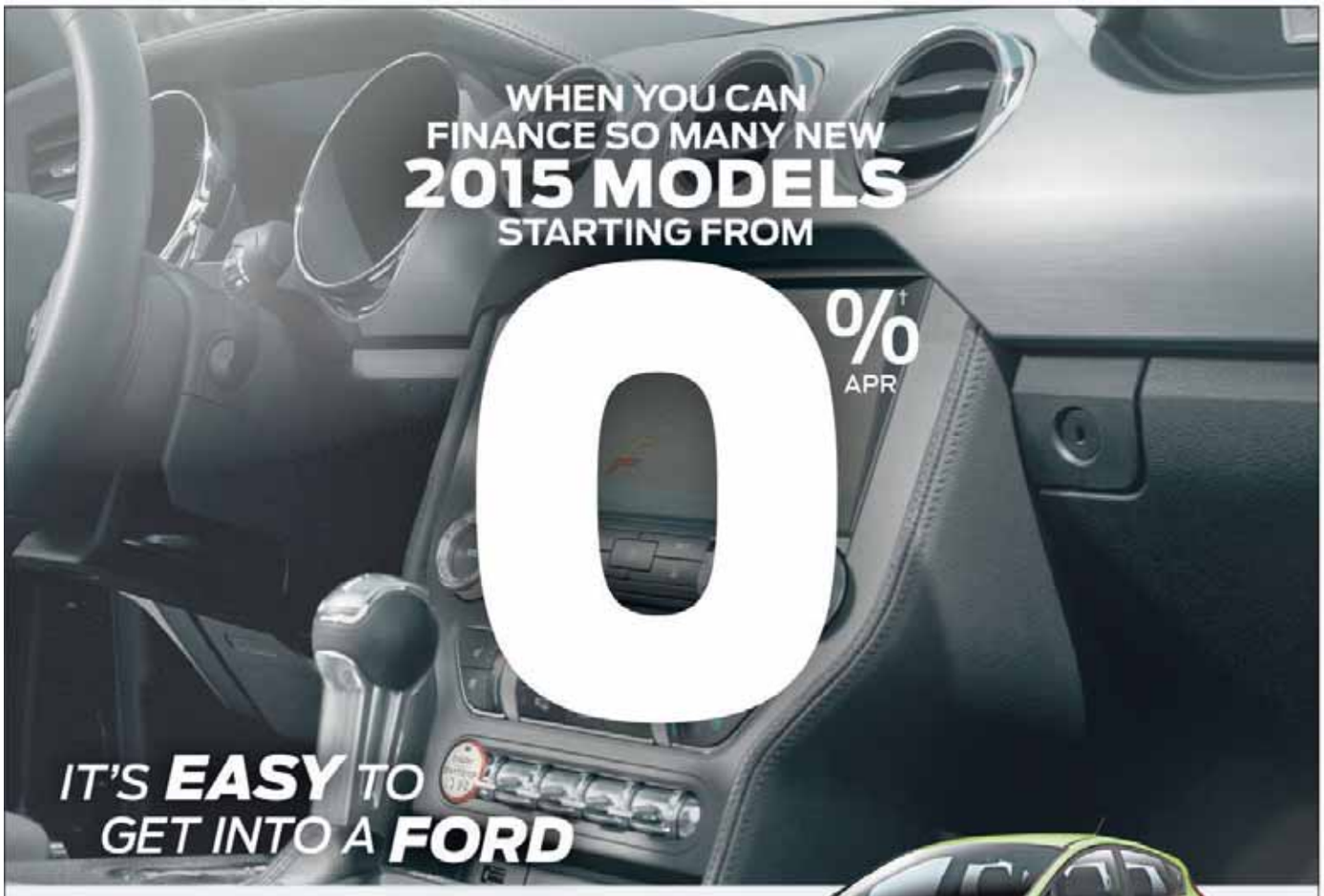
Tiny Spira4u seeks global markets

Pilot production is underway in China for the electric- and gasoline-powered sub-subcompact Spira4u three-wheel urban vehicle, which marketers hope to bring to North America. Conceived as a low-cost (to make, own and operate) and hyper-economical vehicle, the Spira4u is an Automotive XPrize finalist and a cross between a car and a motorcycle. Its soft, honeycomb-composite structure protects up to two occupants in a collision, and the body from significant damage in parking lot fender-benders. The $6,200 gas-powered model delivers a top speed of 85 km/h and fuel efficiency of 2.9 L/100 km. The electric version reaches 100 km/h and goes 450 km per charge with one motor. A much faster two-motor model is also available.

The Spira4u is a bumper car that can shrug off light collisions. Made in China, the three-wheeler may be coming to North America soon.

Shift points

- Israeli company Storedot says it is a year away from marketing an electric-car battery that can be fully recharged in three minutes. If true and even remotely affordable, it would revolutionize the EV industry, putting it on equal refuel footing with gas engines.
- Johnson Controls says it has developed a small lithium-ion battery for use in vehicle stop-start systems, reports Automotive News. About the size of a tissue box and weighing just four kilograms, it can double current stop-start efficiency to eight per cent.
- Mazda says its 2016 MX-5 will be the first vehicle to incorporate parts made from a new bio-plastic it developed. The plastic is based on plant materials instead of petroleum, and does not require painting.



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World Car of the Year finalists announced

Awards. BMW 2-Series Active Tourer, Ford Mustang, Jeep Renegade and more in the running

The shortlist for one of the auto world's most coveted awards has been revealed ahead of the awards ceremony in New York this April.

The 10 finalists that will compete for the title of 2015 World Car of the Year are the BMW 2 Series Active Tourer, the Citroën C4 Cactus, the Ford Mustang, the Hyundai Genesis, the Jeep Renegade, the Mazda2, the Mercedes-Benz C-Class, the MINI 5 door / MINI 4 door, the Nissan Qashqai, and the Volkswagen Passat.

The winner will be chosen by a jury of 75 international motoring journalists who have put each of the cars through their paces and the prize awarded on Thursday, April 2 at the New York International Auto Show.

For all categories except the Green Car award, the jury will simply vote for the winner via a secret ballot, whereas the winning green car will be selected in part by a panel of green technology experts who have set the final shortlist of candidates based on their environmentally friendly credentials.

The final five cars, which this year includes the BMW i8, Hyundai x35 / Tucson Fuel Cell, Kia Soul EV, Volvo XC90 T8 Twin Engine, and the Volkswagen Golf GTE, will be tested and reviewed by the main panel of judges and a winner selected.

As well as the overall winner, prizes will also be given in a number of other categories including Luxury Car of the Year, Performance Car of the Year and Green Car of the Year.

BMW must be hopeful of its chances at this year's ceremony as it has models nominated in every category.

AFP

BMW 2-Series Active Tourer. CONTRIBUTED

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Be more assertive about your opinions today, especially if you've kept your thoughts to yourself for a while. You don't have to shout but let others know what you believe.

♉ Taurus
April 21 - May 21
Others will go out of their way to keep you quiet today, because the truth is not what they want to hear. If you find yourself at odds with powerful people, don't back down.

♊ Gemini
May 22 - June 21
Be careful who you trust on the work front today because someone you think is a friend could be plotting to undermine your position.

♋ Cancer
June 22 - July 23
Now that Mercury, planet of the mind, is moving in your favour again you won't have much trouble working out what needs to be done. Get your financial affairs in order.

♌ Leo
July 24 - Aug. 23
You will hear something to your advantage over the next 24 hours. Don't be reluctant to believe it just because the source of the information has not always been reliable.

♍ Virgo
Aug. 24 - Sept. 23
Partnerships and relationships will be under important stars as the month moves on, so clear the decks for action now.

♎ Libra
Sept. 24 - Oct. 23
Your latest project will be a success, despite recent setbacks. Don't worry that you have not made as much progress as you would have liked. There is still plenty of time to get it right.

♏ Scorpio
Oct. 24 - Nov. 22
You should find it easier now to get along with people who, for one reason or another, have been a bit stand-offish of late.

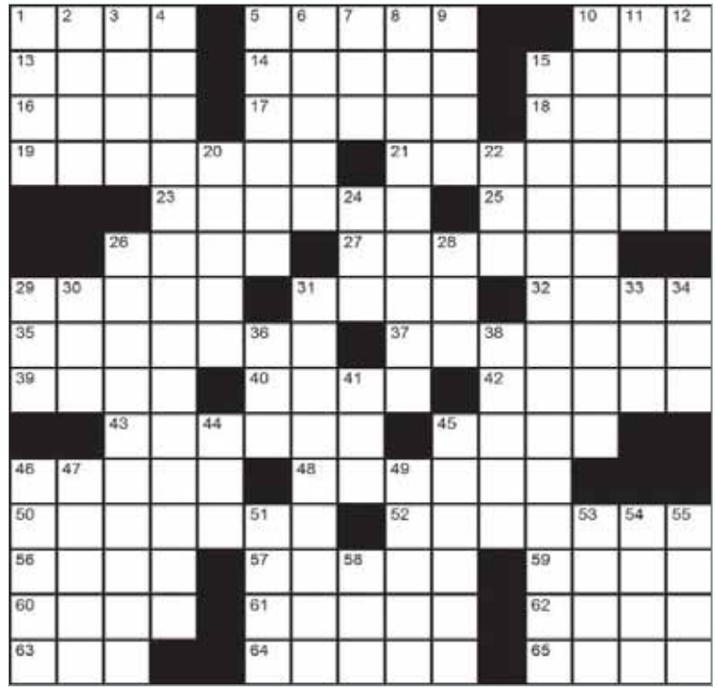
♐ Sagittarius
Nov. 23 - Dec. 21
If you get the chance to do a good deed for a friend over the next two or three days don't wait to be asked, just wade in and put things right for them.

♑ Capricorn
Dec. 22 - Jan. 20
Something that has been tormenting you these past few weeks will no longer seem such a problem after today. You will also be delighted to discover that you are not as poor financially as you thought.

♒ Aquarius
Jan. 21 - Feb. 19
Something that has gone wrong on several occasions over the past two or three weeks will start going right again as of today, which will lead to an improved outlook.

♓ Pisces
Feb. 20 - March 20
You will learn something you find hard to believe today. It has been in plain sight for a while, which begs the question: How did you manage to miss it?

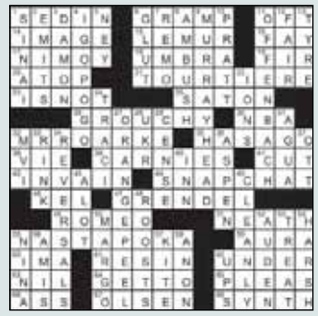
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Fort __ Hill (Historic coastal artillery base in Colwood on Vancouver Island)
5. Economy class
10. Football positions, briefly
13. Helm position
14. 'Straight'-meaning prefix
15. Mouse-like critter
16. Type size
17. Bargain
18. Garfield's sidekick
19. 1982 Dustin Hoffman movie
21. Discount shoe store
23. 1965 to 1971 sitcom, "__ Heroes"
25. At _ __ (With consequences)
26. Scientology founder, _. __ Hubbard
27. Violinist Mr. Perlman
29. Stream
31. Kimono accessories
32. Robert De Who?
35. April Wine's "Just __ You and Me"
37. Gambling spots
39. Betty __ (Vintage cartoon/comic)
40. Hide-and-go-__
42. The Cremation of Sam __ (Yukon-set poem by Robert Service)
43. Australian airline
45. Jiffs
46. "It's _ __ thing." (Definitely)
48. __ Friday (Office's tie-less day)
50. President's Choice product, Deluxe White __ Macaroni & Cheese Dinner
52. Condense, literature-style
56. "The Littlest __" (Canuck dog series)
57. Disturbs
59. Grub
60. Balanced
61. Basket fibre
62. Lilypad lazer
63. __ hall (Student hangout)
64. Strong point
65. Scottish 'since'

Down
1. Bewitched
2. Oil: Italian
3. Design style, with Art
4. It comes 'two minutes too late' in Alanis Morissette's "Ironic": 3 wds.
5. Jointly endorse on the dotted line
6. "Coffee __ __?" (Restaurant query)
7. Chowed chowder
8. Dried lips balm
9. Greeting in Granada!
10. Blackie and the __ __ (Hamilton band)
11. Walking on air feeling
12. View, Bible-style
15. Steep formations in Gros Morne National Park in Newfoundland: 2 wds.
20. District on Vancouver Island's southern tip
22. James Ingram/Michael McDonald hit: "__ Mo B There"
24. Bill
26. Scratch tickets overseer in Montreal, __-__
28. Half of Ms. Gabor
29. 'Start With Trust' is this org.'s slogan
30. Vintage auto
31. Crossword's beginning...: 2 wds.
33. Eggs of fish
34. 'Lact' suffix
36. Approx.
38. Besmirch
41. NASA-like org. headquartered in Paris
44. '90s sitcom, "__ and Stacey"
45. Group within a group
46. Sore one
47. Rudely push
49. Room: French
51. Diva's vocal
53. Ellen DeGeneres-voiced fish in "Finding Nemo" (2003)
54. Hooligan
55. Cutting-__
58. TGIF part

Yesterday's Crossword

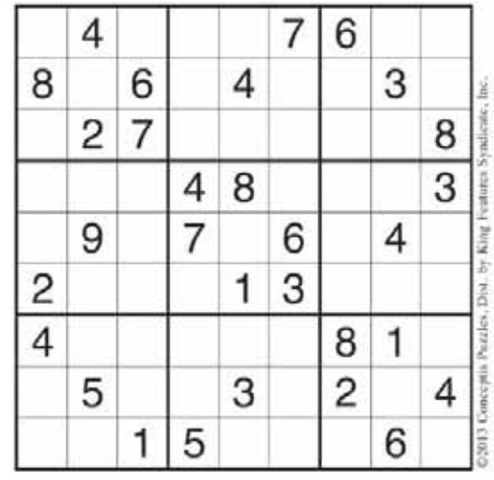


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

1	7	3	9	6	5	2	4	8
9	4	8	7	2	1	5	3	6
6	5	2	8	3	4	9	7	1
3	6	4	2	7	9	1	8	5
2	8	7	1	5	3	6	9	4
5	1	9	6	4	8	3	2	7
4	3	6	5	8	2	7	1	9
7	2	1	4	9	6	8	5	3
8	9	5	3	1	7	4	6	2

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